

**POLICY DESCRIPTION**  
**Wellness**  
**POLICY STATEMENT**

**Vision:**

BES Wellness Committee will improve the physical and mental health of our students and their families, our staff, and our community.

**Mission:**

To improve the health of the Burlington Elementary Community. We will accomplish this by providing direct health instruction and by adopting policies to promote health and wellness.

To fulfill our mission, the following shall apply:

**NUTRITION:**

- School food service will comply or exceed federal, state, and local requirements. School food service will be accessible to all children, including breakfast and lunch.
- All foods made available at school will adhere to food safety and security guidelines.
- The school environment will be safe, comfortable, pleasing, and allow ample time and space for eating meals.
- Sequential and interdisciplinary nutrition education will be provided and promoted. Teachers will follow Kentucky Core Content for health education.
- Soft drinks or food items from vending machines will not be available to any students on school grounds.
- If the teacher allows daily classroom snacks, the students must bring a fruit and/or vegetable (fresh, frozen, packaged or canned) or from the Snack Safely Guide <https://snacksafely.com/safe-snack-guide/> (see below).
- No fast food/drinks will be allowed in the cafeteria during the food serving hours of 8:15am-9:00 am, and 10:40 am-1:30pm.

**BIRTHDAYS/CELEBRATIONS/REWARDS:**

- Food will not be used as a reward during routine classroom activity (except as a motivational tool when used in conjunction with a behavior plan and/or an Individualized Education Plan).
- Any food utilized in classroom FOOD-BASED PROJECTS must have ingredients from the Snack Safely Guide <https://snacksafely.com/safe-snack-guide/> and DIRECTLY aligned to the grade level KY Core Standards. A permission slip will be sent home prior to a child's participation.
- For **birthday celebrations**, NO FOOD WILL BE ALLOWED. In order to maximize our instructional time, the birthday child will be recognized during morning announcements, but celebrations will not take place in the school setting.
- **School-wide celebrations** will include Fall Celebration and Winter Celebration.

A homeroom parent will be assigned to coordinate the celebrations with the individual teacher. Focus will be on physical activity and non-food items. Only fruits and vegetables (fresh, frozen, packaged or canned) will be allowed or from the Snack Safely Guide <https://snacksafely.com/safe-snack-guide/> (see below). These items must be in a store package with label attached (including fresh fruit/vegetable trays). All food items will be checked by the classroom teacher.

**PHYSICAL ACTIVITY:**

- Each student will be provided the opportunity to engage in moderate physical activity for a minimum of 150 minutes a week.
- Patterns of meaningful physical activity will connect to students' lives outside of Physical Education. Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Physical activity will be developmentally appropriate and integrated across curriculum throughout the school day.
- Policies ensure that qualified instructors will teach all physical education classes.
- Physical activity will not be assigned as a punishment, nor will the opportunity to participate in outdoor play with classmates be denied as a form of punishment. While at play in the event that a student plays in an unsafe manner that may result in harm to themselves or others, they may be excluded from play. A student may have the option to attend a class or homework work session, if they choose, instead of participating in outside playtime.

**Policy History:**

Date adopted: August 14, 1996

Council Chairperson: Bob Warnick

Date amended: March 22, 2005

Council Chairperson: David Sammons

Date amended: September 20, 2011

Council Chairperson: David Sammons

Date amended: June 19, 2014

Signature: *Kim Gilbert*

Council Chairperson

Date amended: July 18, 2018

*Kim Gilbert*, Council Chairperson

*For use in classroom party supplies or parent supplied snacks for class snack time.*

**Please Note:** Individual classroom teachers will make adjustments to list with school nurse guidance in the instance a student in the classroom has other food allergies.

\*See notes below regarding food allergen considerations in compiling this list.

**THE BELOW LIST IS IN ADDITION TO FAVORED CHOICES OF HEALTHY FRUITS AND VEGETABLES:**

**CHIPS:**

Baked Ruffles – Original, Cheddar & Sour Cream  
Baked Lay's – Original, Sour Cream & Onion, Parmesan and Tuscan Herb  
Cape Cod – Original, Sour Cream & Green Onion  
Kettle Brand – Sea Salt, Sea Salt & Vinegar, Buffalo Bleu, Fully Loaded Baked Potato, Sweet Onion, Sour Cream and Onion, Jalapeno  
Kettle Brand Bakes – Sea Salt, Aged White Cheddar, Hickory Honey Barbeque, Sea Salt & Vinegar  
Lay's – Classic, Barbecue, Sour Cream & Onion, Lightly Salted, Cheddar & Sour Cream, Wavy Original, Honey Barbecue  
Lay's Kettle Cooked – Original, Sea Salt & Vinegar, Reduced Fat, Jalapeno, Sea Salt & Cracked Pepper  
Ruffles – Original, Reduced Fat, Sour Cream & Onion, Cheddar & Sour Cream  
Munchos  
Sun Chips  
Pringles – Original, Reduced Fat, BBQ  
Pringles Snack Packs – Original, 100 Calorie Snack Packs Original

**CORN CHIPS:**

Utz Corn Chips  
Utz Organic Tortilla Chips – Blue Corn, White Corn, Yellow Corn  
Utz Tortilla Chips – Dippable, Multigrain, Restaurant Style, White Round, Yellow Round  
Utz Low Fat Baked Tortilla Chips

**POPCORN:**

SkinnyPop Popcorn – Dusted Dark Chocolate, Jalapeno, Naturally Sweet, Original, Sea Salt & Black Pepper, White Cheddar, Aged White Cheddar, Pepper Jack  
Smartfood – White Cheddar, Reduced Fat, Movie Theater Butter  
Microwave Varieties - Pop Secret, Orville Redenbacher

**RICE SNACKS**

Quaker Quakes Rice Snacks – Caramel Corn, Ranch, Sea Salt & Cracked Black Pepper, Kettle Corn, Chocolate, Sweet Chili, Cheddar Cheese, Sour Cream & Onion

**CHEESE/DAIRY SNACKS:**

Utz Cheese Balls/Curls – Hot, Plain, Tabasco, White  
Cheddar Goldfish 100 Calorie Pouches – Cheddar, Pretzel  
Cheetos – Puffs, Puffs Honey BBQ, Crunchy, Flamin' Hot Crunchy, Baked  
Cheese Nips – Cheddar, Reduced Fat Cheddar, SpongeBob Square Pants  
Goldfish – Baby Cheddar, Cheddar, Colors, Mix-Up, Parmesan, Pizza, Pretzel, Saltine, Whole Grain  
Goldfish Flavor Blasted – XPlosive Pizza, Xtra Cheddar, Slammin' Sour Cream & Onion  
Goldfish Mix-Up Adventures – Pretzel & Flavor Blasted Xtra Cheddar, Xtra Cheesy Pizza  
String Cheese  
Yogurt Cups/Tubes  
Jello Gelatin/Pudding Cups

**PRETZELS:**

Utz Hard Pretzels  
Utz Pretzels – Butter Waffle, Nuggets, Popz, Rods, Wheels, Sticks – Cinnamon, Country Stix  
Utz Select Pretzel Sticks – Butter, Pumpernickel, Toasted Sesame – Extra Dark, Multigrain, Regular  
Kraft Handi-Snacks Mister Salty Pretzels 'n Cheese Dip  
Newman's Own – Salted Sticks, Salted Pretzel Rounds, Unsalted Pretzel Rounds, Spelt Pretzels  
Nabisco 100 Calorie Mister Salty Pretzels – Milk Chocolate, Yogurt Flavored  
Pepperidge Farm Goldfish Pretzels  
Pepperidge Farm 100 Calorie Pouches Goldfish Pretzels  
Rold Gold – Thins, Sticks, Rods, Tiny Twists, Lightly Salted Tiny Twists, Tiny Twists Cheddar, Tiny Twists Honey Mustard, Sourdough, Honey Wheat, Cheesy Garlic

**GRAHAMS:**

Cinnamon Grahams – Plain, Low Fat  
Nabisco Grahams – Original  
Nabisco Honeymaid Varieties  
Teddy Graham Varieties

**CRACKERS:**

Kraft Handi-Snacks – Premium Breadsticks 'n Cheese Dip, Mister Salty Pretzels 'n Cheese Dip  
Nabisco 100 Calorie – Sweet & Salty Mix Kettle Flavor  
Nabisco 100 Calorie Nabisco Premium Saltines – Original, Unsalted Tops, Hint of Salt, Fat Free, Whole Grain, Minis, Fresh Stacks  
Pepperidge Farm Baked Naturals Cracker Chips – Simply Potato, Cheddar & Sour Cream Potato, Simply Multi-Grain  
Pepperidge Farm Baked Naturals Cheese Crisps – Cheddar, Four Cheese Italian Herb  
Pepperidge Farm Baked Naturals Wheat Crisps – Toasted Wheat  
Pepperidge Farm Distinctive Crackers – Golden Butter  
Triscuit – Original, Reduced Fat, Hint of Salt, Garden Herb, Rosemary & Olive Oil, Fire Roasted Tomato & Olive Oil, Cracked Pepper & Olive Oil, Roasted Garlic, Rye with Caraway Seeds  
Triscuit Minis – Original  
Triscuit Thin Crisps – Original, Parmesan Garlic, Four Cheeses, Chile Pepper  
Wheat Thins – Original, Reduced Fat, Hint of Salt, Ranch, Reduced Fat Garlic & Herb, 100% Whole Grain, Sundried Tomato & Basil, Multigrain, Parmesan & Basil  
Wheat Thins Fiber Selects – 5 Grain, Garden Vegetable

**COOKIES:**

Barnum's Animal Crackers – Original  
Chips Ahoy – Chocolate Chip, Reduced Fat, Candy Blasts, Chunky, Chewy, White Fudge Chunky, Mini  
Lorna Doone Shortbread Cookies  
Nabisco 100 Calorie Packs – Chips Ahoy Thin Crisps, Lorna Doone Shortbread Cookie Crisps  
Nabisco Biscos Sugar Wafers – Creme Filling  
Nabisco Ginger Snaps  
Newtons – Original Fig, Fat Free, Whole Grain, Strawberry, Raspberry  
Newtons Fruit Crisps – Apple Cinnamon  
Kellogg's Rice Krispie Treats

**CANDY:**

Dum Dums – Assorted, Holiday Pops, Candy Canes  
Haribo Gummi Candies  
Jelly Belly Candy Canes – Tutti Frutti, Blueberry, and Watermelon,  
Very Cherry, Green Apple, and Orange  
Saf-T-Pops – Assorted  
Spangler Candy Canes  
Goetze's Candy Caramel Creams  
Goetze's Candy Cow Tales – Caramel Apple, Chocolate,  
Strawberry, Vanilla, Mini Cow Tales  
Smarties  
Charms Blow Pop Bubble gum, Blow Pops, Mini Pops, Pops,  
Sour Balls, Squares

Dots  
Dubble Bubble Gumballs  
Airheads  
Junior Mint Deluxe, Junior Mints, Junior Caramels  
Sugar Daddy, Sugar Babies  
Andes Mints  
Wonka Candy - Nerds, Laffy Taffy, Pixie Stix, Fun Dip  
Sixlets Candies – Fruity

**FRUIT SNACKS:**

Kellogg's Fruit Snack Varieties

**ICE CREAM/FROZEN FRUIT BARS:**

Dole Fruit Bars  
Luigi's Italian Ice  
Turkey Hill Ice Cream Sandwiches  
Kona Ice

Nilla Wafers  
Newtons Minis – Whole Grain Fig  
Oreos – Original, Double Stuff

Jolly Ranchers Hard Candy and Doubles  
Lifesavers Hard Candies and Gummies  
Milk Duds  
Andies Mints – All Varieties  
Campfire Marshmallows  
Push Pops  
Razzles  
Rolos  
Skittles  
Red Vines  
Sour Patch Kids/Sour Punch Straws  
Starburst - Fruit Chews, Gummies and  
Jelly Beans  
Twizzlers Varieties  
Hershey's Chocolate Bars/Kisses -  
Plain, Special Dark  
Tootsie Pop Drops, Pops and Rolls  
Kraft Caramels  
Sweet Tarts

Betty Crocker Fruit Snack Varieties

Minute Maid Juice Bars  
Breyers Pure Fruit Bars  
Breyers Ice Cream

**\*These products do not list peanuts, tree nuts and eggs as ingredients on the label, there are no warnings on the label that the product may contain these allergens, and to the best of our knowledge these products are produced on lines where these allergens are not processed. Note that these items are not explicitly marketed free of these allergens, that we do not have a relationship with the respective manufacturers, and that our information is gleaned primarily from periodic queries to their customer service facilities.\*<sup>1</sup>**

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<sup>1</sup> Safe Snack Guide, snacksafely.com on and Peanut Free Candy List, PeanutAllergy.com on 5/14/2018